

TALON

68th issue
Fall 2013



FOR STUDENTS, BY STUDENTS

DEAR READERS,

The newness of education arouses our minds as summer slips away. As we plunge into the 2013-2014 school year, dare to D R E A M.



Often times our dreams are reckoned by logic; as long as we are dominated by logic we are going to be dominated by fear. So how do we defy logic and put a dent in the universe?

Disregard fear and operate in risk. Create outside the lines. Dream recklessly. Have faith.

We were not created for mediocrity. So hone in on your creativity and innovate your dreams.

But don't stop there. A true dreamer takes dreams of the heart and puts them in their hands. Take caution, once a dream is in your hands the work is not easy. You will have to do things that scare you, anger you, test you, and push you past your limits. Yet in the midst of these struggles you will find happiness.

A dreamer lifestyle has the power to brighten life's colors and make hard work desirable. Only when you have a radical dream can you live purposefully. I hope this issue stimulates your thoughts. Created with humor, bliss, and a dash of irreverence, allow yourself to get lost in the pages. And most importantly,

D R E A M on.

-Aimee

EDITOR'S NOTE

There's something peculiar about this cover; the talon is gone! As the official editor-in-chief, I wanted to infuse a new sense of vitality by revamping the original title. I decided to omit the claw and add a pop of color. Simplify.

Love it or hate it, let me know. Tweet us...
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The Talon News Magazine encourages letters to the editor. These may be submitted electronically or in writing and should include the writer's name, address, and telephone numbers for verification purposes.

Letters can be mailed to the Talon News Magazine Editor, Avila University, 11901 Wornall Road, Kansas City, MO 64145. The Talon reserves the right to edit letters for reasons of space, clarity, or inappropriate language. Copies of the Talon News Network Operational Guidelines may be requested by writing to the above referenced address.



DREAMING in Coffee Beans

By: Katie LaRose



Like most college students, my schedule is hectic at all times, a balancing act of school and work. Every once in a while, I'm able to squeeze in some time for a social life. I'm not complaining, because I knew what I was getting myself into. Thankfully, I'm a barista at "that little coffee shop around the corner". Coffee is, in my opinion, a godsend. Call me crazy, but if I could invent a coffee IV, I totally would... and I'm sure I would make a killing! Caffeine is the most widely

used legal drug in the world, and without it, I would be doomed. It's beneficial to students (in moderation) because it boosts short-term memory and revitalizes the soul.

“Caffeine is the most widely used legal drug in the world.”



I love the smell of freshly ground coffee, and the sound of espresso as it falls into the shot glasses; it is music to my ears. Plus it's productivity served in a cup. As much as I love coffee, I never knew it would lead me to my dream job. I consider myself a “professional student”, having changed schools as many

times as I've changed my major (four times to be exact.) It's been near impossible to decide what I want to do for the rest of my life, but after getting a job as a barista, the decision has become as clear as day. My aspiration is to join the Starbucks Creative Studio and Community team. Along with graphic



designers, public relations analysts, and fellow communications experts, I hope to help Starbucks grow to even higher levels.

Starbucks is a great company to work for because they don't have employees, they have "partners". They consider every partner equally important in their quest for a better and more beautiful world. I love that they do so much for their communities, and are constantly on the edge of innovation. Unlike most companies whose only priority is financial gain, Starbucks focuses on ethical sourcing of coffee beans, creating environmentally friendly stores and packaging, and reaching out to those in the local communities who need help. They are always will-

ing to sacrifice money if it means that change will be made in the world.

I recently suffered from a knee injury, rendering me unable to work and in a tough financial situation. Starbucks has something called "The Cup Fund" for partners who need financial assistance. Partners have the option of donating money to The Cup Fund, even if it's only a couple dollars off of each check. My injury did not qualify for worker's compensation, but with only a few calls, Starbucks agreed to help me pay some of my bills. They really care about the people who work for the company, as well as those in the world who are struggling. I would be proud to be a part of such an amazing team.

- Quote of the Month -

“

because the ones
who are **CRAZY** enough
to think that they can
CHANGE THE WORLD
are the ones who DO.

”

-steve jobs

At the Show >>

By: CJ Slaughter

There is one dating cliché that can't compete with boxes of chocolates and flowers and that's the routine dinner and a movie. After a couple of trips to a local theater, a trip to the movies can seem downright bland. Though the films themselves have progressed throughout the years, it seems as if the service and ambiance of movie theaters has disappeared.

The theaters can seem too crowded at times. Jam-packed with people, it can be a real challenge for one to find a seat. As far as the concessions go, a regular

sized popcorn and drinks will cost you an arm and a leg. Just as you finish paying a fortune for a kid-sized popcorn, you returned to the theater only to discover the people next to you have a fascination with talking during the film. Problems such as these have ruined the magic of what going to the movies is all about.

Thankfully, there is one theater in the Kansas City Metro that offers a great movie-going experience, The Alamo Drafthouse Cinema. This theater is located at 1400 Main Street, on the south side of the

Power and Light District. The Alamo differs from the normal theater experience in several ways. The theater serves as a restaurant. Customers can eat before, after, or during the movie. If you refuse to partake in the six-dollar bottomless popcorn, you can choose from a list of items like burgers, pizza, or salads. They also serve a wide variety of alcoholic beverages, but I recommend you go with bottomless 32oz for four dollars. Another innovation is the seating, once you purchase tickets (\$5 matinees and \$7 regular price); the cashier has you

select your seats. No more fighting with the woman who is using one purse to block off an entire aisle.

The restaurant service and seating were phenomenal, but what really brought out the kid in me was the retro arcade. The Alamo is equipped with a full arcade section, complete with old

school gaming. Arcade play is unlimited for \$5 per person. Along with retro arcade games, the Alamo also features classic films like Clockwork Orange and Escape from New York. Parking for the theater is free and can also be validated

from time to time. If you enjoy going to the movies, I urge you to make your way down to the Alamo Drafthouse Cinema, it's one of the best seats in town.



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Pumpkin Spice Oatmeal

By: Colbi Howser



Ingredients:

1 cup quick cooking rolled oats
3/4 cup milk, or as needed
1/2 cup canned pumpkin puree
1/4 tsp. pumpkin pie spice
1 tsp. cinnamon sugar

Directions:

Mix oats and milk in a microwave-safe bowl. Cook on high for 1 to 2 minutes, stirring once. Add more milk or oats to achieve the desired consistency, and cook for another 30 seconds. Stir in pumpkin puree, pumpkin pie spice, and cinnamon sugar. Heat for 20 more seconds and serve.

WORK out

Sum-
mertime
is coming
to an end, but
there's no reason
you shouldn't keep
your summer body!

While it may be tempt-
ing to stay snuggled up in
sweats during the chilly days
of fall, your body will thank you
if you warm it up with a work-
out. NCCPT certified trainer
and former Avila athlete Nick
Fields provides a workout
that can be adjusted to
any person's needs, no
matter what skill level
you're at. No excuses
allowed because
this workout can
be performed in
the Avila gym,
which is free
to all stu-
dents.

By: Skylar Roberts



Warm up: Jog 10 laps around the track



1 10 squats



2



10 reverse lunges



3 10 push ups



4

10 jump squats



5

6 pull ups



6

10 burpees



Repeat 1-6
four times

Cool down:
Jog 3 laps around the track

By: Maggie Fey

HARVESTING

GROWTH



I am kind of a snob, mostly because I have this idea that I am superior to everyone else. I shop at organic food shops (well, I used to; as of two days ago I had \$0.00 to my name), I think people who like the musical *Wicked* are uneducated (granted, I am a musical theatre major), and I don't believe in wearing sweatpants during the waking hours. So, when I heard that all freshman were required to hop on the bus and go to Harvesters, I immediately rolled my eyes. Not that I don't like volunteering; I am a part of the Community Pillar in Campus Ministry, and I actually have been to Harvesters before as part of a leadership seminar. I just didn't enjoy the idea of working with a bunch of "airhead" athletes and "preppy" cheerleaders.

Basically, I was still living in my high school, where the basketball players were the stars of the joint and the Pom Squad (the dance team) were their loyal servants. It sounds like something out of a movie, doesn't it?

And as I sorted through moldy twinkies, I looked over to my left to see a basketball player throwing a Twinkie into a trash-can, and missing terribly. I rolled my eyes, irritated that they weren't taking this as seriously as I was. Because I was obviously a better person than this kid, I looked the other way and continued to carefully stack my mold-free Twinkies into their respective boxes.

Before we delve any deeper into this though, let's get one thing straight: I am a crazy liberal girl. I was involved in a gay rights theatre group every year in high school. I worship Michael Moore like he is God. I volunteer for Planned Parenthood. Growing up in ultra-Conservative Nebraska, all my life I have been trying to get people to stop judging people for who they were, and to love everyone like Jesus did (I'm also a very passionate Christian. Who would of thunk?) For almost four years, my life has been dedicated to this idea. And here I was,



judging people I barely know, just because of some pre-conceived knowledge of what I thought they were. How hypocritical is that?

The whole point of the Harvesters trip was to, yes, help the hungry, but to also form bonds with people. To get people out of their comfort zones. These basketball players actually turned out to be very nice people, who have hopes and dreams just like me. The girl who I judged because she was an athlete? She turned out to be one of the nicest people I met that day.

Remember Susan Boyle? The woman who came on to Britain's Got Talent and was judged for her ugly face? And then she belted out the gorgeous song "I Dreamed a Dream," beautifully, shocking the world

and giving the classic story of don't judge a book by its cover? Well, that same lesson applies here. Don't ever, ever judge a book by its cover. The book might surprise you.

Now, I know that this isn't exactly a story about Harvesters, and more a personal essay about how Harvesters taught me a lesson. But isn't that the point of volunteering? To teach someone a lesson about life in general, to get someone out of a pre-conceived idea about other people?

And it all happened thanks to moldy Twinkies.



The Ladder

of success

By: Taneeka Hill

Ayn Rand, American novelist, playwright, screenwriter and self-proclaimed philosopher once said, “The ladder of success is best climbed by stepping on the rungs of opportunity.”





Robin Dayton is the epitome of this analogy. As a 1990 graduate of Avila University, Dayton majored in marketing with a minor in finance. Dayton said her journey at Avila was a “beautiful experience that equipped her with everything she needed to pursue her dream job.” She chose Avila because she did not consider herself a traditional student. She loved the small class sizes and the sincere love, care, and motivation given by the staff. “It really felt like family,” she said.

Dayton considered herself a product of the postal service, where both of her parents were employed. While pursuing her education, Dayton worked for the United States Postal Service as a level 5 employee. Upon graduating from Avila University, she was offered a marketing position with the Postal Service, increasing her pay and level from a 5 to a 22. Dayton’s journey did not stop there; within a few years of her initial promotion, she found herself climbing the ladder yet again. She pursued a management training program position, which increased her level and pay to a 26.

Because of Dayton’s commitment to being a wife and mother, she was hesitant about her career advancements. Ultimately she decided to continue on her journey. That very journey provided her with a six-figure

salary (her largest salary yet) She contributes her success to her education at Avila University, saying, “Marketing always teaches one to sell oneself.” She took that marketing credo to heart.



Dayton was the first African American real estate agent in Lee's Summit, Missouri. At first she was reluctant, but ultimately decided to take on real estate as a way to educate and empower individuals seeking financial self-sufficiency. Homeownership has been found to be the number one door towards financial freedom so Dayton began organizing and transforming lives through teachings of: first time home ownership, preventing derogatory lending practices, and zoning.

When asked if she had any regrets or would do anything different, she said "no." Although she does recall feelings of being stagnant, as if she was not moving ahead fast enough. Her husband, who was a great partner in her journey, would always remind her; "it is not the one that moves swift but the one that is consistent." When asked if there were words of advice to future graduates, Mrs. Dayton's advice was, "do what you love, the money will follow."

Dayton loves her life, her job, and her contributions to society. She is an active member in LINK and The Kansas City Young Matrons, both pivotal organizations designed to give back to our local communities. She enjoys helping others and providing a voice to the voiceless through proper education on becoming a homeowner.



Mrs. Dayton said, "We will all get there, just jump on my shoulders, I will help get you to the next level." She will never realize how powerful that statement was to me; that it would radiate through me.

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Mel Brooks
Musical



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Mel Brooks

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